

Fall 2001 Recipes

Side Dishes

Spinach Defrosted in Broth

This defrosting method is great for other frozen veggies as well.

Serves 3

Provides 1 vegetable serving per person

- 1 cup low-sodium chicken or vegetable broth
- 1 10-ounce package frozen spinach (1 1/2 cups)
- 1/8 teaspoon ground nutmeg
- 2 teaspoons cornstarch mixed with 2 tablespoons water (slurry)

1. Bring the broth to a boil in a small saucepan. Add the spinach, cover, reduce the heat to low, and cook for 10 minutes.

2. Add nutmeg. Pour in the slurry to thicken and heat for 30 seconds. Serve with a colorful vegetable like carrots or tomatoes.

Nutritional Analysis

Per Serving:

34 calories

0 g fat

0% calories from fat

0 g saturated fat

0% calories from saturated fat

6 g carbohydrates

97 mg sodium

2 g dietary fiber